



**Position: Fitness Coach**

**Organization:** Bangladesh Football Federation (BFF)

**Location:** Dhaka, Bangladesh

**Reports to:** Head Coach / Medical Team Lead

**Job Overview**

BFF is looking for a qualified **Fitness Coach** to lead the physical conditioning and performance optimization of national team players. The role is critical in ensuring peak physical performance, injury prevention, and recovery management.

**Key Responsibilities**

**Physical Conditioning**

- Plan and implement fitness and conditioning programs
- Tailor training based on match schedules and player needs

**Performance Monitoring**

- Conduct fitness assessments and testing
- Monitor workload, fatigue, and recovery
- Use data to optimize player performance

**Injury Prevention & Recovery**

- Develop injury prevention strategies
- Work with medical staff on rehabilitation and return-to-play plans

**Collaboration**

- Coordinate with coaching staff for integrated training plans
- Support overall team performance objectives

**Minimum Requirements**

- AFC Level 2 or Degree in Sports Science / Physical Education or related field
- Recognized fitness certification (FIFA, AFC, UEFA, or equivalent)
- Minimum 5 years of experience in elite football

**Preferred Qualifications**

- Experience with national teams or professional clubs
- Knowledge of GPS tracking systems and sports analytics
- Strong understanding of modern strength & conditioning techniques

**Contract & Benefits**

- Competitive salary package
- Accommodation and travel allowances
- Performance incentives



**Application Process:**

Interested candidates are requested to submit:

- Updated CV
- Cover Letter
- Copies of relevant coaching licenses/certifications
- At least two professional references

**Email:** [technical@bff.com.bd](mailto:technical@bff.com.bd)

BFF reserves the right to accept or reject any application without assigning any reason.

**By Order**

Bangladesh Football Federation  
Technical Department

Place of work: Dhaka, Bangladesh